Self-Trust Decision Making

by Karen Baldwin

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The Outcome

Have you ever wondered how some individuals have the ability to make clear and confident decisions without the need for external validation? They have an idea or opportunity and they just run with it. It's almost as if they are fearless. Motivated to achieve their outcome and willing to take the risk of failure. Think for a moment if you know someone like this. What is it they have that is different to you?

I have been on a journey to find out what this difference is. What I found is that these individuals have a high level of self-trust. You may be wondering, what exactly is self-trust and how will I know that I have it?

What is Self-Trust?

Self-trust is not trusting you know all the answers, nor is it believing that you will always get things right. It's having the conviction that you will be kind and respectful to yourself regardless of the outcome of your efforts.

I guess you could say, being a compassionate leader of yourself.

How Will You Know That You Have it?

After working through the model on the following pages, you will know you have successfully embedded self-trust when making decisions if you demonstrate:

- Clarity and confidence in your choices
- Interdependence (healthy dependency, not overly dependent or hyper-independent)
- Speaking with authority that comes from a deep place within (your true voice)
- Fearlessness in seizing opportunities that excite you and are true to your values
- Learning from your experiences, both successes and setbacks
- Your primary intention is to learn, not to protect yourself
- A calm state when making decisions that includes a feeling in your body
- Having a positive relationship with your inner voice
- A strong belief in yourself
- Towards motivation to achieve your goals

It is my hope that developing a foundation of self-trust, will allow you to reach your full potential. You will seize opportunities that you may have otherwise avoided in fear. You will make decisions that are true to your values. You will stop procrastinating and take proactive action.

"Self-trust is the first secret to success."
- Ralph Waldo Emerson

Are you ready to step out of your comfort zone and grab more opportunities in life? If so, read on.

The Model

The model was constructed by analysing the commonalities between the exemplars individual models for self-trust decision making. In later chapters, you can find the detailed findings of my interviews with each exemplar. However, here is a summary of what all three exemplars have in common:

- Their beliefs of excellence
- A physical feeling and emotional response is the deciding factor when making a choice
- Internally referenced and confident in their abilities
- Chunk up when making a decision
- Check if a decision matches their purpose and values before making a choice
- Towards motivated to achieve their outcome.

What started as a quest to model the art of decision making evolved into something much greater. What I noticed is that each exemplar embodied the beliefs of excellence. And it is this, that created the element of self-trust in the decision making model.
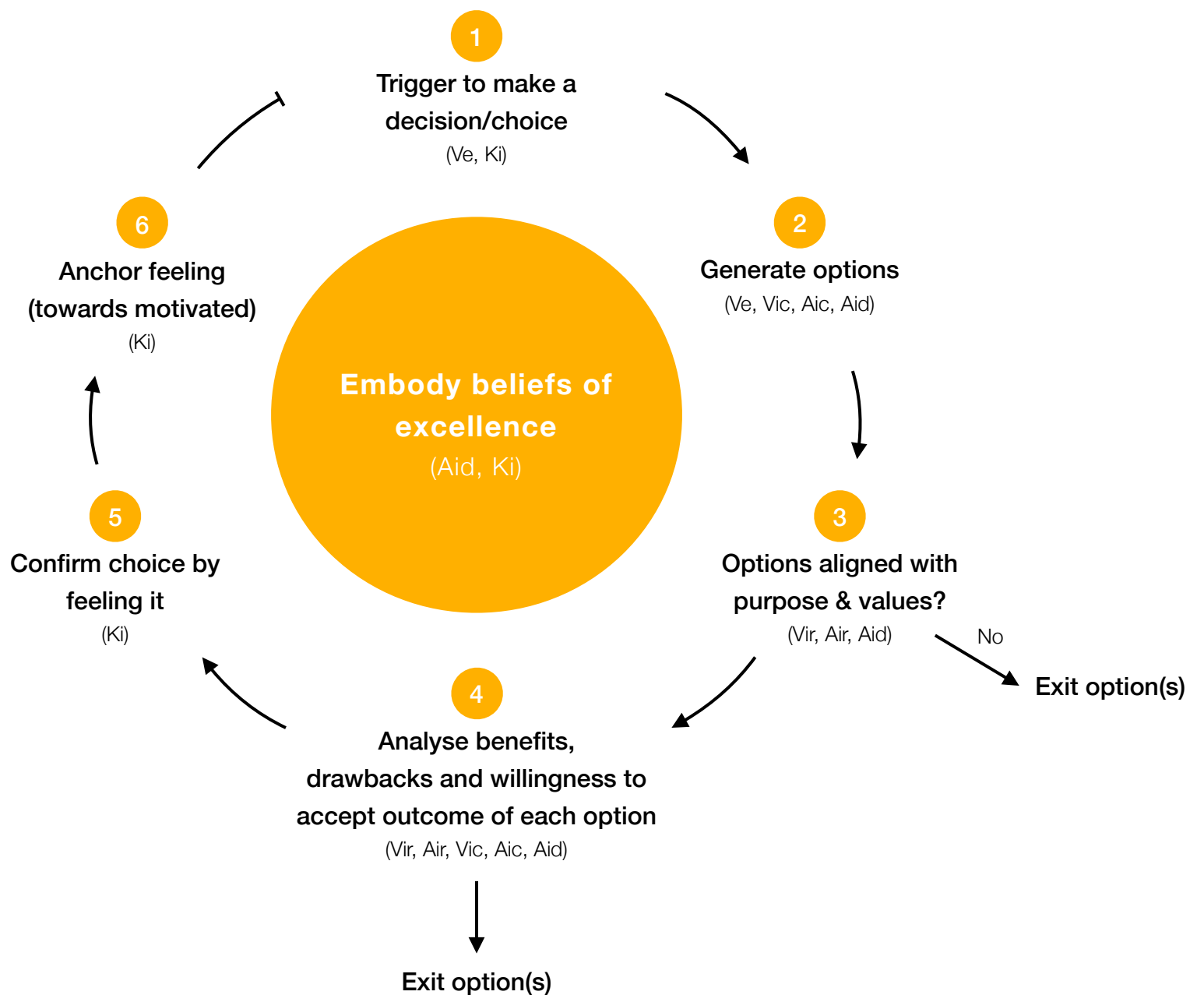
Beliefs of Excellence to support the model

By embodying the following beliefs, you can develop a foundation of self-trust and achieve the outcomes set out earlier:

- There is no failure, only feedback
- We have within us all the resources we will ever need
- There is a solution to every problem
- The way to understand is to do
- Everyone makes the best choice available to them at the time
- The person with the most flexibility in thinking and behaviour has the greatest influence
- Whatever happens, I can handle it!

Bringing all my findings together I have created a visual model (on the next page) and a set of instructions for you to integrate the model. These are the steps to follow:

1. I invite you to think of a decision or choice you are currently working through or would like to work through.
2. Once you have this in mind, close your eyes if you are comfortable doing so. And in relation to this decision, note the options available to you right now. What internal options are coming up for you?
3. As you are getting a clear picture of these options, begin to assess whether each option aligns with your purpose and values.
4. As you do this, put to one side any option that doesn't align with your purpose and values, concentrating only on the remaining options.
5. Now you are left with the choices that align with what is important to you. You can begin to consider the benefits and drawbacks of each option.
6. As you are doing so, consider if you are willing to accept the outcome of your decision in this moment, whether it is positive or negative.
7. As you are doing this, know that you have all the resources you need within you right now to handle whatever comes your way. Any setbacks you may be seeing are great learning opportunities for you. No matter what is happening you find a solution. The only way for you to reach your potential is to take action outside of your comfort zone. And, any decision you are making now is the right choice for you at this time.
8. As you embody these beliefs, reconnect with your remaining choices. Imagine what happens once you make this choice. What do you see, hear and feel? Notice if you feel anything in your body. Locate that feeling.
9. If you choose to, anchor that feeling when it is at its strongest. As soon as the feeling begins to fade release the anchor (towards motivation).
10. When you are ready, open your eyes.

Self-Trust Decision Making

```
        1
   Trigger to make a
   decision/choice
      (Ve, Ki)

6                                    2
Anchor feeling                  Generate options
(towards motivated)            (Ve, Vic, Aic, Aid)
    (Ki)

         Embody beliefs of
            excellence
             (Aid, Ki)

5                                    3
Confirm choice by              Options aligned with
   feeling it                  purpose & values?
    (Ki)                          (Vir, Air, Aid)      No
                                                    Exit option(s)

         4
   Analyse benefits,
drawbacks and willingness to
accept outcome of each option
   (Vir, Air, Vic, Aic, Aid)

       Exit option(s)
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1 You are triggered to make a decision or choice. This can be something you see externally (Ve) or a feeling in your body (Ki).

2 In relation to the decision, generate options available to you right now. This process may include something you see externally (Ve), an image you create internally (Vic), a sound you create internally (Aic) and internal dialogue (Aid).

3 For each option, assess whether it aligns with your purpose and values. You may recall your values as an internal image (Vir) or an internal sound (Air) and assess these with an internal dialogue (Aid). Put to one side any option that doesn't align with your purpose and values, and move to the next step with the aligned options only.

4 Consider the benefits and drawbacks of each option. This analysis may be in the form of images recalled (Vir), sounds recalled (Air) and new internal images or sounds constructed (Vic or Aic). You may experience some inner dialogue during this step (Aid). For each remaining option, are you willing to accept the outcome of your decision in this moment, whether it is positive or negative? If not, put this option to one side and move to the next step.

5 Imagine what happens once you make this choice. Use all your senses. What do you see, hear and feel? Notice if you feel anything in your body. Locate that feeling (Ki).

6 Anchor that feeling when it is at its strongest. As soon as the feeling begins to fade release the anchor. You can use this anchor to maintain your motivation for the choice you've made.

Sharing The Model

I was challenged to present my model to my Master Practitioner sub-group. At which point, I had not even created a model, let alone decided how to present it. I was also the first to present in the group. I noticed a change in my approach. I felt confident to take on the challenge, when previously I would have doubted if I was ready. I said yes and thought, whatever happens I'll handle it, and what a great learning opportunity.

The week leading up to the presentation, I only spent a few hours creating the model, deciding on the presentation approach and running the model through myself and an exemplar. I didn't look at it again until 10 minutes before the call. And I was ok with that, confident and excited to share it with the group. Ready to be real-time, no fear in sight.

The importance of the detail above is to demonstrate the way I approached this opportunity. I had integrated the structure of my exemplars and the beliefs of excellence simply by doing the interviews BEFORE I made my own model. This is the power of modelling.

Before imparting the model to the group I was in a happy and playful state. I had some feedback from Ramesh on how to present the model. I took it with grace and adapted my approach in real time. I was flexible and delivered the experience in a way that was true to me. I managed to quickly change to the desired state to impart the model (calm, lower tone of voice).

I presented the model using the set of instructions outlined earlier.

My experience of presenting the model was fantastic. I enjoyed witnessing others integrate the model and seeing its effect. I appreciated all the feedback too.

The group were able to integrate the model and make a decision in the moment that felt good to them. They felt they were guided through the experience in a "calm and gentle way". I also noticed they demonstrated a towards motivation to follow through on the choice they had made.

Here are a couple of comments on how the experience was for others:

"It was an interesting internal exploration for me. I hadn't really considered my choices in terms of purpose and values, particularly the word values made me think to just go in and explore and just challenge myself. Whats's really at the heart of making the decision? It led me down a pathway of embracing my values and they were there, around me and within me. It made me think, why are you even thinking of going that way when actually your whole body and your whole self would want to take you the other way." - James

"It helped me see that path in my mind. And again, it came to self-trust. It helped me to visualise putting options to one side, and saying its fine and moving forward along that path. I did anchor a feeling. I had a real warmth in my chest. It made me feel a lot more confident about my choice." - Claire

The key aspects of the model that were highlighted by the group were the purpose and value check, experiencing the effect of their choice (feeling it) and trusting themselves through the process.

Feedback on the presentation from the group:

"I noticed a shift in the tone and the softness of your voice. It was a wonderful transition actually. It took us into a more gentle, soft, relaxing place. Not only the phraseology, the words and the language but the actual tone and the pace as well. The way that you used those pauses and just held us there. I don't know how long it was, 2 seconds, 5 second or 10 seconds but it seemed a really powerful use of pauses." - James

"Your tone allowed me to stay preset and calm and the whole energy of the space you were holding allowed me to remain present, even with the distractions that were going on around me. I remained settled. Your tone was spot on for me." - Helen

"Your ability to shift in and out of the situation demonstrates the belief of excellence - the person with the most flexibility in thinking and behaviour has the greatest influence. That stood out for me." - Ramesh

Some feedback recognising I have imparted the model on myself:

"You seem more internally referenced and confident in your decisions Karen." - James

"The fact is, I challenged you and you showed up. I always look at more than the model itself, I look for an example of your IT. So what came about for me is when I challenged you, you said ok and you went for it. In that way, I would say that you are an example of your modelling project. Congratulations! I experienced you being that model." - Ramesh

By integrating this model I am leading by example and inspire others to believe and trust in themselves. I create the effect I see in my exemplars. It also allows me to create a ripple effect in spreading the message of NLP.

Now you have seen the model and its effect, i'd like to take you on the journey of how I got there. On the following pages, I have included my personal experiences, aha moments, interviews with my exemplars and my learning's and reflections. My hope is that you join me on that journey and have your own unique experience. After all…

"The only source of knowledge is experience."

- Albert Einstein

Choosing My IT

My personal development journey started in October last year when I quit my corporate job. I realised the way I was operating was not achieving the outcomes I wanted in life and I took the time to "find myself again".

On this journey I discovered a belief that had contributed to my lack of self-trust - I feared failure. As an externally referenced person, I have in the past often adjusted to please the crowd rather than speaking with authority and having my own voice. I am working on taking responsibility for who I am and how my experiences have shaped me. As it is with this belief, I hold the power to change my present and future experiences.

As well as finding myself, I wanted to discover my bigger purpose in life. To feel a sense of deep fulfilment and joy everyday. Simply put, to enjoy life to the fullest whilst contributing to the wider systems I am a part of.

Shortly after a session with Sue, she sent me this quote:

"When you follow the crowd, you lose yourself. But when you follow your soul, you lose the crowd. Eventually, your life purpose will appear. But in the meantime, don't fear the solitude."
- unknown

I guess that just sums up all the words above it!

My first idea was to model compassionate leaders. However, I wasn't sure Michelle Obama would have time to have an interview with me. That is a great modelling project and something I will embark on in the future.

I began moving back and forth between different ideas. I got to the point where I thought, since I can't decide maybe I should model the art of decision making! After having a laugh at myself, I realised this wasn't such a bad idea at all! I often find myself to be indecisive and the process of making decisions exhausting at times. I have an underlying belief that whatever I choose to do I will succeed at. However, the "choice" part is where I want to give some attention. Why am I unable to make choices as easily as others?

I went into this project believing it was decisiveness I was looking to model. What transpired was much greater than this. As you will read, my exemplars demonstrate a great level of self-trust and belief in themselves. And it is with this, they are able to be confident in the decisions they make.

The Exemplars

<u>Exemplar 1: Steve Baldwin</u>

My wonderful dad. My mentor who has been (and still is) a support system to me. It's a relationship I treasure. He has opinions and beliefs that he communicates confidently as facts. He knows it and we have a good laugh about that. He leads his life with humour. He is an engineer, through and through.

I have always considered Steve a decisive and confident man. I have observed over the years that when he has an idea to do something he has the belief and conviction in himself to go ahead and do it. Regardless of what others think. He expresses clarity and confidence in his choices and if it fails he communicates his learning. It feels to me he is fearless. So I wanted to tap into his process of self-trust when making decisions. Here's what I found.

I asked Steve to recall a time where he had to make a significant decision. His eyes moved up to his right (Vic) and then proceeded to explain a hypothetical situation where he would make a decision. Steve likes to solve a problem, hence he created a hypothetical problem to solve.

The particular example was my mum asking him to go into a shop to buy something (during the Corona virus pandemic - post lockdown). This is a significant decision because my mum is in this high risk group. The decision process is as follows:

Steve checks if there a lot of people in the shop (Ve)
The inner dialogue begins (Aid) which include questions like:
"Why am I making this decision?" (purpose)
"How important is it?" (beliefs & values)
Inner dialogue continues to weigh up the facts, risks and consequences (Vir, Air, Aic, Aid)
He gets a gut feeling and an emotional response (Ki)
Towards motivated to achieve the outcome (Ki)
He asks for external validation only if the decision affects others.

I wanted to test Steve's structure in a recalled memory, so I decided to ask about a work scenario. Steve likes to reminisce about work and the decisions he made. When asked to recall a memory, this time he looked up and tilted his head back (Vir). He proceeded to discuss past work scenarios of making decisions and I asked clean questions to bring it into the present moment to watch for patterns. I noticed the following:

When he explains the inner dialogue his body language shows a procedural approach. He uses a familiar hand gesture whilst explaining the steps. His hand outstretched and palm facing his chest, moving his hand forward as he explains the steps.

Steve's Filters (Meta programs)
Towards motivated
Big chunk - makes decision on facts and doesn't need the detail
Past & present for evidence and Future for risks. Looks for the next step.
Internally referenced
Mismatch
Opinion as fact
Prefers Choice over procedural - procedural when its internal dialogue.

Steve's Beliefs of Excellence

- There is no failure, only feedback
  "Feedback is a learning opportunity."

- Everyone makes the best choice available to them at the time
  "People do the best they can do at any point in time."

- There is a solution to every problem
  "There is always a solution to a problem."
  "Problems are there to be resolved. I like the challenge of resolving issues/obstacles."

- The person with the most flexibility in thinking and behaviour has the greatest influence
  "I live in a pit of ignorance."

- The way to understand is to do
  "You learn most when things go wrong."
  "If you suffer you learn."

Steve's Model

Considering both the hypothetical and recalled experiences, the structure of Steve's decision making is as follows:

Knowledge gathering - Ve, Aid
Check decision is in line with purpose, beliefs and values - Vir, Air, Aid
Weighs up facts, risks and consequences - Vir, Air, Aic, Aid
Gut feeling in stomach (right thing to do?) - Ki
Emotional response, confident in decision made - Ki
Towards motivated to achieve outcome - Ki
(External validation only if it affects others)

I emailed my project to Steve, so he could review the findings of his interview with me. I included the question "what did you learn from this experience?" (presupposing he did learn something). He replied predominantly with the mismatch filter, challenging the opinion as fact observation. He then continued to express his beliefs as facts, confirming my observation! I decided to change my approach and do a video call. By taking a more direct approach and using humour, I uncovered his learnings. Steve knew that he was a visual person, however he was not aware of the eye-accessing cues. He wasn't consciously aware of his hand movements when he had internal dialogue regarding decision making and that his emotional response is triggered by his gut feeling. And finally, he wasn't aware that his dominant filter is to challenge (and mismatch) others beliefs. He is now considering other ways to achieve the same outcome he is looking for.

Exemplar 2: Ben Datmo

My lovely fiancé and best friend. A passionate cyclist and creative. Another decisive and confident man in my life. I often run new ideas past Ben, as he has a different view to my dad. I admire the way Ben makes decisions and I have witnessed many situations where he has displayed immense trust in himself. Similar to my dad, when he gets an idea he runs with it - no need for external validation. I was keen to understand the structure of this process.

Before I get into the modelling interview I want to share one of my "aha" moments that also confirmed the choice of my IT.

Walking in his moccasins. A phrase used to explain walking in someone else's shoes and being that person using all your body and senses. I spent some time being Ben. Since we live together, it was an opportunity not be missed. A few days after walking in Ben's shoes (he actually has a pair of moccasins!), I noticed something different.

The way in which I went about small chores around the house. For example, putting away piles of clean washing into wardrobes that lay on my bed. Before modelling Ben, my process of tackling this task would often be as follows:

1. See clothes folded on the bed (Ve)
2. Inner dialogue "oh, I'll do it later" (Aid)
3. Feel relaxed that I've put off something I don't want to do (Ki)
4. Come back into the room later that evening (tired) and see the clothes on the bed (Ve)
5. Inner dialogue "oh, I'm too tired to do that now" (Aid)
6. Feel frustrated that I left it until I was tired (Ki)
7. a) Put clothes away (TOTE closed) or,
   b) Put the clothes on the floor until tomorrow
8. Steps 4-7 repeat until TOTE closed.

Ve -> Aid -> Ki -> Ve -> Aid -> Ki keep adding Ve -> Aid -> Ki until the TOTE closes.

However, after "being Ben" I noticed a shift in the way I tackled these small tasks. Instead of procrastinating and dragging out the process, I had unconsciously began taking a different approach. I say unconsciously, as it wasn't a conscious decision. I didn't wake up and decide to do it differently. My behaviour just changed. It was only when we were asked to model someones approach to a simple task, I realised my old method and that I had in fact adopted Ben's approach! His strategy for this task is as follows:

1. See clothes folded on the bed (Ve)
2. Inner dialogue "I'll do it now, so I don't need to do it later" (Aid)
3. Put clothes away
4. Feel good that its done (Ki)

Ve -> Aid -> Ki

Wow, Karen. What a procrastinator you were! By becoming consciously aware of these patterns, I was able to make a conscious decision to shorten the process and just go ahead and do it! Both my unconscious and conscious mind are now aligned on this new approach.

Without undertaking this modelling project and the other exercises during the course with Sue, I may not have become aware of this pattern and changed my behaviour. Well, not as quickly anyway!

Sue often mentioned "the way we do one thing, is often the way we do everything". A lightbulb went off in my head. The way I procrastinate about putting clothes away, is the way I procrastinate about everything! How's that for a wake up call.

This increased my motivation to find the strategies of how some people seem to get an idea and go with it. No hesitation, no procrastination, highly motivated to execute the idea with ease. No fears holding them back. Complete trust in their choices.

I began the interview with Ben.

We sat on our balcony and I asked him to recall a time he needed to make a decision. We ran through several past scenarios, simple decisions like grocery shopping, decisions to push through when exercising and work decisions. Ben re-experienced these in the present moment and I asked clean questions to dig deeper into the structure.

Here's what I discovered…

When we started the interview Ben's arms were folded. As Ben re-experienced these moments his body language changed. His body opened up and his arms were outstretched horizontally. Whilst recalling a memory, Ben looked up (Vir). When explaining the inner dialogue his eyes were centred or centred and slightly to the side (Aid, Air).

Ben's Filters (Meta programs)
Big chunk
Internally referenced - confident in his abilities & has an inner motivator
Towards motivated
Present & Future
Mismatch
Generalisations e.g. universal statements with language such as "always" and "never"
Comparators e.g."better" and "more"

Ben's Beliefs of Excellence
- There is no failure, only feedback

- The person with the most flexibility in thinking and behaviour has the greatest influence
  "I make it easier for clients to understand, so I am able to influence their decision."

- The way to understand is to do
  "I'm not afraid of trying new things."

- There is a solution to every problem

Ben's Model
Sees something he likes/needs to make a decision on (Ve)
Emotional response, experiences what it would be like to have it/resolve it (Ki)
Checks purpose of decision and that it aligns with his values (Vir, Air, Aid)
Weighs up pros, cons and consequences of each choice (Vir, Air, Vic, Aid)
Gets a feeling in his chest, his "heart decision" (Ki)
Towards motivated - doesn't second guess decision once its made (Ki)

Keeps motivated with inner dialogue (Aid). Typical inner dialogue whilst exercising:
"I can't go on."
"Why am I doing this?" - purpose check
"I must go on. I will go on. I have nothing to lose."

After our interview, I presented Ben's model of how I perceive that he makes decisions and how he is motivated to achieve his goals. I showed him the logical levels diagram and explained that when he has negative internal dialogue he checks with his purpose as to why he is undertaking the activity in the first place. When his purpose is clear, the levels below this on the pyramid usually fall into alignment. Therefore he is able to influence his behaviour to achieve his outcome by having a clear purpose. This was an "aha" moment for him and he enjoyed receiving the learning.

<u>Exemplar 3: Marina Zest For Life</u>

I discovered Marina's last name only recently, however her tagline expresses her way of being. So I have chosen to introduce her as Marina Zest For Life. I met Marina on the Master Practitioner course. Marina is lively, confident, decisive, passionate and caring. When Marina decides on something she goes for it and demonstrates complete trust in herself. This is evident in the way she speaks and acts. She was the first person to submit her project, before we even finished the course. I wanted to model how Marina makes decisions and puts them into action in record speed.

I interviewed Marina and began by building rapport as we hadn't worked directly together on the course. Marina began the call leaning back on her chair, in a disassociated state. Once rapport was established, she became associated and used her full body to answer my questions. Notably her arms outstretched, huge smile and moving her body forward. This is Marina's congruent state.

Time is a trigger for Marina. She believes time goes really fast and often uses the expression "if not now, when?". She likes to do a lot of things and doesn't like to waste time.

Mariana has a clear purpose in life, she embraces her whole self and does not adjust to please the crowd. I am attracted to her way of being.

Marina feels supported by a higher power, she knows she is not alone. There is always going be a safety net. That comes from trust in the universe, those around her and her own resources.

She holds the belief "No matter what happens, I'll be ok."

When recalling moments in her life where she made big decisions, she uses the same gesture with her hand - clicking her finger from chest forward and leaning forward at the same time. To me, this externalises the speed at which she makes decisions.

"I live my life by simplicity. When I make a decision I don't go into my head. I either do something or I don't and I don't sit on the fence."

Marina explains that she ignores any inner chatter and makes choices using the feeling she gets in her heart. Marina defines her inner chatter as her adult and her fun loving heart as her inner child. Her inner child guides her on what will be fun and adventurous and she follows this feeling.

Marina carries an imaginary suitcase around with her that holds everything that is important to her in life (her values). When she has to make a decision she asks herself "can I take my suitcase with me on this adventure?" If the answer is no, then this adventure is not for her. In short, if it doesn't match her values she doesn't do it.

Marina's Filters (Meta programs)
Big chunk
Internally referenced
Mismatch
Others
Away-from motivated (bored/unfulfilled in current situation so explores something new)
Towards-motivated (once a decision had been made)
Present
Prefers Choice to procedure

Marina's Beliefs of Excellence

- There is no failure, only feedback
  "Choices have consequences. I accept the consequences. If something goes wrong I learn from it. I can also change it if I want to."

- We all within us all the resources we will ever need
  "I trust that I have all the tools and resources, that will help me to come out of the other side."

- The person with the most flexibility in thinking and behaviour has the greatest influence
  "I see the opportunity and I just got for it. It might not be the time that I want to go in, but I'm still going in. It is important to have the willingness and flexibility to adapt to your environment."

- There is a solution to every problem
  "I create opportunities, I don't wait for them to happen. I make them happen."

- The way to understand is to do
  "I trust that doing something is better than doing nothing."

Marina's Model

Away-from motivation:
Triggered by feeling in her body - concentrated in her torso "a fire" (Ki)
Checks if she is aligned with her purpose - "Is this it? Is this what life is about?"(Aid)
She proceeds to create new options.

Towards motivated:
Creates opportunities to do something different (Ve, Vic, Aid)
Checks it is aligned to her values in her suitcase, if not it's a no go (Vir, Air, Aid)
Assesses consequences of the options — worth the payoff? (Vir, Air, Vic, Aid)
Listens to her heart and gets a "warm feeling" over her body confirming her decision (Ki)
Towards motivated to achieve the outcome (Ki)

I loved my interview with Marina and by the end I had embodied her energy too. Marina gave feedback that it was a magnificent experience for her, that if flowed smoothly and she felt very comfortable to tell me her life story. She felt a connection with me. She felt a "gorgeous amazing feeling that I'm doing what I came here to do. A feeling of quiet happiness not the excitement that everyone sees and believes to be my happiness. I feel that right now."

Learnings and Reflections

To consolidate my learnings, I decided to see what it would look like when I used the logical levels to display my new congruent state:

ENVIRONMENT

I have a choice in the environment I create for myself. I choose to surround myself with positive and inspiring people. I choose to work with those who align with my values. When I find myself in challenging environments, I see it as a great learning opportunity.

BEHAVIOUR

- Completing a daily mindset ritual that creates a positive start to the day, reflects on my accomplishments and builds a momentum of confidence that keeps me connected to my true self
- Relate to, educate and stand up to my inner voice
- Pausing, reflecting and asking clean questions to get a deeper understanding of others
- Managing my state to work for myself and others
- Living (mostly) in the present moment.

CAPABILITIES

- Use my gut reaction to confirm choices
- Lean-in to opportunities that align with my values
- Observe and learn from both my successes and setbacks
- Respect feedback given to me and give honest feedback to others
- Honour my emotions
- Use humour in difficult situations.

BELIEFS & VALUES

I value:
Freedom, honesty, fairness, compassion, humour, thoughtfulness, creativity and connecting with others.

I believe:
There is no failure, only feedback.
There is a solution to every problem.
I make choices that align with who I am.
I have a voice that can help others.
I have all the resources I will ever need.
I make the best choice available to me at the time.
I am flexible in my thinking and behaviour.
Whatever comes my way, I can handle it.

IDENTITY

I am a Life Coach and NLP Master. I am a mother. I am a business owner. I am a fiancee. I am a life-long learner. I am a compassionate leader.

PURPOSE

My purpose in life is to leave a positive legacy behind. To be a loving mother to my children, a loving partner and a positive influence to all those I come into contact with. To support others to reach their potential and to live a life they really want. And most importantly to enjoy the ride of life. If not now, when?